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COMMUNICATION WITHOUT WORDS



by Laurie A. Monroe

“Every single thing we learn, no matter how small or seemingly inconsequential, is of immense value. There—beyond time/space.”—RAM

One of the most important things we learn in life is to communicate. From the time we are aware, we strive to communicate in any way we can. Our mothers even communicate with us before we are born, while we are comfortable and secure within the womb. When we are born into the physical world, we continue to refine our ability to communicate.

Some of our best teachers are animals. They come into our lives and adapt to our way of living and communicating. Many times we fail to notice that they are experts at nonverbal communication—masters of telepathy. If you have a pet, observe how it interacts with you and others. If

you have more than one pet, who is the leader, who is assuming the alpha role? Notice how alpha pets project themselves. Watch their body language as well as their vocalizations. How do they convey messages to each other? What kind of communication commands respect?

By opening our minds and letting go of preconceptions, we can comprehend the value of animals' behavior and communication. If we related as they do, perhaps we would better understand our role in nature. Adopting our animal companions' strategies might make our spoken words clearer and more direct. Our communication would be forthright, simple, and to the point.

It has been said that dog is God spelled backward. There is some truth in that observation

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REASONABLE MAGIC & MAGICAL REASON: THE PHILOSOPHY OF ROBERT MONROE

by Joseph M. Felser, PhD

Joseph M. Felser, PhD, graduated summa cum laude (with distinction) and Phi Beta Kappa from Boston University and received his doctorate from the University of Chicago. He is currently associate

professor of philosophy at Kingsborough Community College of the City University of New York. Dr. Felser has served as an editorial adviser to parapsychologist Rhea A. White's journal, Exceptional Human Experience, and is the author of over thirty published articles on religion, myth, philosophy, and the paranormal. His first book, The Way Back to Paradise: Restoring the Balance between Magic and Reason, was published by Hampton Roads



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OF DOLPHINS AND OTTERS

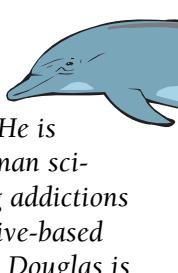
by Douglas McDougall

Douglas McDougall, one of our newest Dolphin Energy Club members, spent twenty years in the fields of advertising and publicity. He is currently working on a bachelor's degree in human sciences and has just finished his first year, taking addictions counseling courses at the Nechi Institute, a native-based research facility in St. Albert, Alberta, Canada. Douglas is presently an adult care worker at a homeless shelter in Calgary, Alberta. His desire is to work with dreaming, extending awareness, and using the tools within to become a most interesting entity of the universe. Here, he shares one way of using DEC techniques to support those goals.



"I had a chance to work with a client that no one seems to be able to get through to at the homeless shelter. Even I can't usually understand what he is really saying at any given

moment. One night when we rode the bus to the shelter he appeared extremely sad. So I mentally projected some warmth and after we arrived, he seemed to want to communicate that night. That is very unusual for him. It was difficult to do so because he shuts down



when others are around, and there are 160 men running around this warehouse facility we use as an overflow site.

"So I exited out to a mat and—without using the DEC exercise—let the experience of sending healing with dolphins in mind include a question: how to help this young man. A dolphin, as large as a small living dolphin, seemed to appear and swim around him. Then it entered his mouth and disappeared. Later that same evening he communicated more clearly and I offered him METAMUSIC® Gaia. He listened, passed back my MP3 player, and spoke very clearly: 'Wow! That was great—very relaxing. Where can I go to sleep?'

"A day later, I was feeling a little playful. That is, more than usual. Met an otter playing in the river in Calgary around 2 A.M. She hung around for half an hour. I didn't know any otters lived here. I see many similarities between the two species [dolphins and otters]. The 'free flow' of my experience extended far out beyond the client to the entity that manifests as Otter. The Universe spoke and played with my efforts, as the dolphin and otter do. We all had a great time. The outcome can best be described in one word—joy."

[If you would like to participate in the work of the Dolphin Energy Club, please contact Shirley Bliley at dec1pd@aol.com or (434) 361-1252. You may also visit our website at <http://www.monroeinstitute.org>]



MANIFESTING THE ICELANDIC DIALOGUES

by Jacqueline Mast, PT, MSEd

Jacqueline Mast is a pediatric physical therapist providing developmental evaluation and physical therapy to infants and young children at Mast Clinic, Inc., Portland, Maine. Go to <http://www.mastclinic.com> for more information on her work. She has been a TMI Professional Member since 1999 and uses her intuitive abilities to choose the Hemi-Sync® selections most appropriate for therapy sessions. Jackie's professional honors include a fellowship in the American Academy of Cerebral Palsy and Developmental Medicine and Vice President of the Section on Pediatrics, American Physical Therapy Association. Lecturing internationally and organizing international conferences have taught her the importance of coincidence and intention. The conference she organized in October 2005 demonstrated the power of both.



Left to right, Jim and Charlene Akenhead, Brian Dailey, Ingi Stefansson, and Karl Anderson relaxing in the Blue Lagoon geothermal pool

In 1978, as a young physical therapist, I had a vision of bringing together a group of healers from all over the world to share their knowledge and passion. I envisioned an event encompassing both art and sci-

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AWAKENING

by Cheryl Phibbs



Cheryl Phibbs lives in Southern California with her husband and children. She is the owner of

Heaven on Earth, a bookstore. Cheryl and her husband have been attending TMI programs since 1995.

I had read and enjoyed *Journeys Out of the Body* and *Far Journeys* in the early 1980s but became aware of The Monroe Institute only after reading *Ultimate Journey* in 1995.

Happily married with three children and a successful real estate business, I still felt that something was missing in my life. Some of my friends felt a similar lack, and it seemed to turn a lot of us into spiritual seekers. I had been a student of Eastern philosophy for many years, and the programs offered at The Monroe Institute were also intriguing.

I promptly signed up for the *GATEWAY VOYAGE®*, and a couple of months later I arrived in Virginia. During the *GATEWAY* program I listened throughout the week as my roommate and the other participants described experiences with spiritual guides, visits to crystal cities, conversations with departed loved ones, and aspects of their past or future selves.

Each day I did all the tape exercises and remained positive and enthusiastic. By the week's end, however, I had not had any visions or spiritual experiences. I was disappointed and I didn't understand why I wasn't able to have spiritual experiences like the others participants had.

On returning home I reflected on my week at The Monroe

Institute. How could I justify the cost of the program, let alone the airfare from California? Although the late-night conversations, stories shared with my fellow participants, the beautiful Blue Ridge Mountains, and swims in Lake Miranor had been enjoyable, I'd had no worthwhile experiences to speak of.

But one thing I was aware of—maybe I was just a little bit different than before going to The Monroe Institute. There was an expanded sense of awareness. I felt more open. It was a bit challenging to explain this to my husband and request that he again watch our three children while I returned for another week to do *GUIDELINES®*. There was a strong inner sense that I needed to do another program, and I decided to trust the process.

Over the next few years I attended one or two programs a year, yet never felt that I had experienced anything life changing during any of them. My Personal Resource Exploration Program (PREP) sessions in the lab with Skip and Darlene during two *GUIDELINES* were also uneventful. On occasion there was an insight here or there but not much else.

For some reason, however, I still remained confident that something worthwhile was indeed happening. This helped me to relax about the way my experiences *should* be. There was always a "knowing" that I was in the right place. I started to feel grateful for each insight that came my way and began to notice that a small inner voice—my own guidance—was emerging little by little. I sold my real estate company and started to make small changes in the stressful areas of my life. And my annual trips to The Monroe Institute continued.

On one morning during what

was probably my sixth program, we did a tape exercise that took us through the belief-system territory. Once again the tape experience was uneventful. But, a little later that day while finishing my lunch, I started to think about my personal beliefs. The image of a ball made of colored rubber bands—hundreds of rubber bands tightly wrapped one on top of the other—mysteriously appeared in my mind's eye. Suddenly I realized that each rubber band represented one of my beliefs and these beliefs made up who I *thought* I was. Right in front of me was the source of my suffering. One huge rubber-band ball!

The magnitude of the challenge before me was overwhelming. I needed to get rid of each and every one of those beliefs to finally see the truth of who I really was. I longed to discover this truth and to feel whole and complete.

I moved to the Fox Den lounge and sat down alone on the couch. Participants moved around me chatting with one another and drinking coffee. I focused on the rubber-band ball in my head. The first belief I had was being a mom. I thought to myself, "This is not who I really am," and the first rubber band was gone. I looked at the second rubber band and said, "I am not a wife," and another rubber band was gone. And the next rubber band: "I am not a real estate broker; I am not the work that I do." Another belief disappeared. "Only 1,000 more to go," I thought to myself.

This process seems simplistic now, but at the time it felt like the most important and most difficult thing that I would ever do. I continued the process with my whole being engaged: "I am not a woman; I am not an American; I

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THE MONROE INSTITUTE PROGRAM SCHEDULE

Contact Karen Viar at (434) 361-1252 or TMIPrograms@aol.com to register for programs and workshops listed below. Please note that the *GATEWAY VOYAGE®* is a prerequisite for all other six-day programs. Programs may be held in the Nancy Penn Center or at Roberts Mountain Retreat.

Dates are subject to change.

July–December 2006

GATEWAY VOYAGE

July 22–28
August 5–11
August 26–September 1
September 9–15
September 23–29 (Japanese)
September 30–October 6
October 14–20
October 28–November 3
November 11–17 (Japanese)
December 2–8

NOETIC SCIENCES GATEWAY VOYAGE - CA

December 2–8

GUIDELINES®

August 5–11
September 16–22
October 21–27

GRADUATE RETREAT

November 10–12

HEARTLINE

November 4–10

INTUITIVE INVESTING

August 11–14

CREATIVE FLOW

November 17–19

LIFELINE™

July 22–28
September 9–15 (IONS)
October 7–13
November 4–10

EXPLORATION 27®

(For *LIFELINE* Graduates)
July 29–August 4
October 14–20

MC²

September 30–October 6

SHAMANIC JOURNEY

December 8–10

EXPLORATION ESSENCE

July 15–21

REMOTE VIEWING PRACTICUM

October 7–13

STARLINES

(For *EXPLORATION 27* Graduates)
October 21–27

TIMELINE

July 8–14

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync®. It's your forum and we encourage you to use it. Submit your Hemi-Lync item to the TMI FOCUS by writing, calling, or by e-mail.



Appearances

On May 6, 2006, TMI Board of Advisors and Professional Member James Beal, BS, and his wife, Roberta Shoemaker-Beal, MFA, were featured speakers at "Global Encounters & Transformations in Spirit, Space, & Time." Their presentation was part of the Thirty-first Annual SSF-IIIHS International Conference & College Program held May 5–14 in Montreal, Quebec, Canada. Jim and Roberta spoke on "Evolving the Paradigm to Include the Environment: Electromagnetic Fields and Human 'Canaries.'"

Books

The following titles are available from the TMI Bookstore. Call (866) 881-3440 toll-free.

Robert A. Monroe's trilogy:
JOURNEYS OUT OF THE BODY
FAR JOURNEYS
ULTIMATE JOURNEY

Captain of My Ship, Master of My Soul, by F. Holmes "Skip" Atwater
Healing Myself, by Gari Carter
Cosmic Journeys, by Rosalind A. McKnight
Mind Trek, by Joseph McMoneagle
Remote Viewing Secrets, by Joseph McMoneagle

The Ultimate Time Machine, by Joseph McMoneagle
The Stargate Chronicles, by Joseph McMoneagle

Focusing the Whole Brain, edited by Ronald Russell

Conferences
"The Icelandic Dialogues: Healing the

Healers—Medicine, Perception, and Spirituality, An International Conference" will be held October 6–8, 2006 in Kruines, Iceland. The conference will be hosted by TMI Professional Member Jacqueline Mast, PT, MSEd, in collaboration with Anna Katrin Ottesen, Thora Haldorsdottir, and Orn Jonsson. Professional Members Brian Dailey, MD, Ronald Russell, MA, and Carmen Montoto, MA, will be featured presenters. For more information, contact Jackie at mastkids@gmail.com and check out the article in this issue on the first Icelandic Dialogues Conference.

Events

TMI Sustaining and Dolphin Energy Club Member Andrea Berger sent a summary of the Movements of Peace event held on April 29, 2006, as the kickoff to the Greater Cincinnati Thirty-Day Experiment for Peace. More than 200 participated, and the crowd included people from California, Connecticut, Nevada, New York, and Germany, some of whom were graduates of TMI programs. Among the activities offered were

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REASONABLE MAGIC*Continued from page 1*

Publishing Company in 2005. He is presently at work on his second book, The Myth of the Great Ending, which will be published by Moment Point Press.

The maverick British philosopher R. G. Collingwood argued that we never struggle with our problems in isolation. Whether we know it or not, he said, our deepest personal challenges are rooted in the common ground of our cultural and social difficulties. No one, after all, is an island.

What is our chief problem? As Bob Monroe observes in *Far Journeys*, it's that we are a "half-brained society." That half, of course, would be the left side of the brain: our rational intellect. But what about the other half of us—the right brain of feeling, intuition, psychic sensitivity, and imagination? This creatively fertile, "magical" aspect has, by and large, fallen asleep. In psychological terms, this means it has fallen into the unconscious, where it becomes an unknown object of fear and misunderstanding.

Not that there's anything wrong with reason as such, mind you—far from it. As Bob well understood, our power of logical analysis is perhaps our greatest tool. In *Ultimate Journey*, he writes, "Our prime and fundamental purpose, aside from learning through experience in being human, is to acquire and develop what we label intellect: left brain consciousness." It's the rational intellect, he adds, that reduces or eliminates fears, converts Unknowns into Knowns, and clears out the thick mental underbrush of dead and decaying beliefs. How true!

And yet (as Bob would have been the first to admit), when reason, out of fear, refuses to question itself, it stunts its own growth.

When our intellect attempts to go it alone, it turns downright pathological. As the Native American writer Joseph Bruchac observes, "When the life of the intellect and the life of the spirit grow apart, terrible things become possible."

Just how terrible can be seen by even the most cursory glance at today's headlines. Writing in the *New Yorker* magazine, journalist Elizabeth Kolbert observes that the global warming situation is so dire that our planet will soon be hotter than at any time since the dawn of human evolution. We may suffer natural catastrophes that produce millions of refugees. She concludes: "It may seem impossible to imagine that a technologically advanced society could choose, in essence, to destroy itself, but that is what we are now in the process of doing."

Kolbert's warning is echoed by scientist James Lovelock, the father of the Gaia hypothesis (which views Earth as a living organism). Lovelock believes that Gaia is "seriously ill, and soon to pass into a morbid fever that may last as long as 100,000 years." Before the end of the twenty-first century, he argues, global warming will bring about the collapse of civilization, the deaths of billions of humans, and the destruction of most of Earth's wildlife.

Folk wisdom says that half a loaf is better than none. Well, maybe not. A "half-brained society" may even be a recipe for a suicidal extinction of the human species on this planet. Something essential is indeed missing. And we'd better find it in a hurry—before it's too late.

Against this backdrop, our individual quests to harmonize our right and left brain functions may seem like selfish, petty conceits. But what I am arguing is precisely the opposite: We do not have the luxury of dismissing our own inner warning systems. Nature is speak-

ing both to us and through us. Our personal search for balance and harmony is the expression of a wider and deeper wave of positive change. After all, we have to start somewhere.

Bob Monroe began in the midst of a deeply personal crisis brought about by his (initially terrifying) spontaneous OBEs. However, it was through his persistent efforts to understand these experiences, and to master his "wild talent" for having them, that he developed Hemi-Sync and the philosophy that underpins the Hemi-Sync technology.

Bob wasn't an academic philosopher or a theoretician who used a specialized vocabulary. Nevertheless, he did, I believe, employ a coherent and cohesive set of principles that guided his work in the exploration of consciousness. He thought about what he was doing, and he reflected on the meaning of his experiences. These are philosophical tasks.

As I see it, the Monroe philosophy is grounded in two key principles. Expressed in imperative form, they are (1) "Explore everywhere!" and (2) "Question everything!" I will refer to these as the principles of "radical empiricism" and "radical iconoclasm," respectively.

Here I am using the term "radical" in its original (Latin) sense of being "deeply rooted." Bob's philosophical roots are so deeply and closely intertwined as to be practically and theoretically inseparable. Like the Taoist principles of yin and yang, each implies, and complements, the other.

Let's begin with the principle of radical empiricism. My dictionary defines "empirical" as (1) "relying on or derived from observation or experiment"; (2) "verifiable or provable by means of observation or experiment"; and (3) "guided by practical experience and not theory." An empiricist is thus someone

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COMMUNICATION

WITHOUT WORDS

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because dogs represent pure unconditional love. Their goal is to love us regardless of expectations. Those of you who have dogs understand that they are psychically connected to you. They know when you are happy, sad, frustrated, angry, or calm. Dogs may even "know" when you leave your office and get into your car to return home, according to studies done by biologist Rupert Sheldrake, PhD. He describes the phenomenon in *Dogs That Know When Their Owners Are Coming Home: And Other Unexplained Powers of Animals*.

Dogs can also "read" you and act accordingly, bringing you back to your center—to pure unconditional love. They accomplish this through a connection to us on a higher level, through the field of consciousness that surrounds all living things. How do they discover how to do that? This connection isn't taught. They simply have it. If this is true, then we appar-

ently share that same connection with our pets and with all living things. The beauty is that since animals do not depend on words as humans do, they can understand life in its simplest form, without complication or misinterpretation.

Animals enter our lives as our partners and as bearers of unconditional love. It is important for us to acknowledge their gifts and to honor their wisdom. They remind us that we are part of the whole and not the whole itself. If we open our minds to what our animals can teach us, we will find it to be of immense value. There.

The following is a quote from Patty Summers's book *Talking with the Animals*. She received this message from a dog that had died after a prolonged illness.

I hope that I did not leave your hearts empty, for you have filled mine. I did not doubt in your care for me. So why would you question yourselves? You showed me that love always exists. Love never dies. You were my teachers in this. You welcomed me as part of your family. What I offer you is the lesson I have

come to learn: Love is a continual circle. Her [his former person's] love for me continued through you. I was able to share with you the love in my heart. You would honor me by allowing your love for me, and mine for you, to continue by sharing it with another. Love makes us complete. It is not who we share it with, but that we share it.

—Gee, a dog, through
Patty Summers

Patty says, "The animals share that love is a circle, making all whole and complete—the understanding that we all are a part of one another, and that in giving to one, we give to one another."

I urge you to use the member CD—*Communicate with your Pet*—to connect with your special animal companion. The results may surprise you, and we would be honored if you would share them with us. If you are interested in purchasing Patty's book, you can find it at your local bookstore or by visiting <http://www.hrpublishing.com>

Please take time to enjoy the lessons of wisdom taught by all of your animal friends.

REASONABLE MAGIC

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who believes that knowledge is based primarily on experience. The more experience we have, the faster our knowledge grows. So it's quite natural and logical that an empiricist is an explorer of new worlds of fact—a patient, but persistent, gatherer of raw data. As the English biologist and philosopher T. H. Huxley famously stated, we should "sit down before fact like a little child" and "follow humbly wherever . . . nature leads."

Of course, as Bob learned the hard way, the attempt to equate "experience" with "physical experi-

ence" and "data" with "physical-sense data" is not actually supported by our "practical experience." Therefore, this equation (made by many self-described empiricists) is not itself empirically verifiable. It is based on a metaphysical theory whose key (unquestioned) premise is that only physical matter is real and that our only information about this reality comes through the five physical senses (or through physical instruments that amplify their reach).

By giving priority to his actual out-of-body experience over the ideology of materialism, Bob was being more empirical-minded than those scientists and philosophers who put mere theory first. He test-

ed the twin hypotheses of nonphysical experience and perception for himself. When he verified them to his own satisfaction, his previous faith in the completeness and certainty of our scientific knowledge was utterly shattered.

Bob thus came to the conclusion that often comes to those on the cutting edge of physical exploration: The experience of new places calls for new ideas. In encountering the expansive interior landscapes of the new lands of consciousness, he reluctantly admitted that all the standard definitions and old operating rules would have to be scrapped. This was a painful but

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HOW I BECAME REGISTRAR

by Karen Viar



Participants often ask me how I became program registrar at The Monroe Institute. It is always fun to tell them, because I consider it one of the greatest stories of my life.

In March 2002 I was living in Richmond, Virginia.

I had an excellent job, a very nice home, and lots of friends and lived four miles from my parents. I was miserable. Being in the computer software field since 1974, primarily as a trainer, had burned me out. The technology was changing daily, my fellow employees were getting younger, and my stamina was decreasing.

As a retreat from the madness, I periodically visited my dear friend Nancy "Scooter" McMoneagle and her husband, Joe, in the beautiful Blue Ridge Mountains near The Monroe Institute. As a native of Charlottesville, which is only thirty miles away from TMI, I was homesick for the mountains and wanted desperately to return to the area permanently. But I didn't know how I would support myself. I just knew that I wanted out of the computer technology field. I checked Internet ads and the Charlottesville newspaper. Nothing clicked.

In tears one morning before leaving for work, I prayed: "Dear Lord and Universe, I want to be back in the mountains. I don't know where I'm going to work or where I'm going to live, and I know I'll have to take a pay cut . . . and that's okay. I release everything to you." I immediately felt a total release, both physically and emotionally. Two weeks later I received a voice message at work from Scooter. Someone up there wanted to talk to me about a job. Well, Scooter never called me at work so I was immediately curious and was certain it had to be good. I could hardly wait to leave for the day and call her.

Scooter told me that as she was driving on Roberts Mountain Road, Laurie Monroe had flagged her down. Laurie said she needed a new registrar, and while she was thinking of who she could get, she "saw" a familiar face. "It's your friend in Richmond. What's her

name?" "Why that's Karen. I know she's interested in making a change, but you can't afford her." Laurie replied, "Let me worry about that. How do I contact her?"

So a week later, on the Saturday after the 2002 Professional Seminar, I met with Laurie for a job interview. The rest is history. I started on April 3, Laurie's birthday, and enjoy reminding her that I am the gift that keeps on giving! I live next door to my best friends, Scooter and Joe, in my beloved mountains, and I share with the world one of the greatest tools we have at our fingertips—Hemi-Sync®.

I am so happy to share this story with you. It still brings tears to my eyes and goose bumps to my skin. This opportunity/gift from my Lord and Universe was absolute proof to me that we have to get out of our own way because more and better will be provided for us than we can ever provide for ourselves.

Postscript by Laurie

The gift of Karen Viar was one of the most significant birthday presents I have received. Several years ago, we needed a registrar and had no one in mind. So

I asked my guides for assistance in finding exactly the right person. To my surprise I actually saw Karen's face in my mind, but I could not remember her name although she had attended several Institute programs and was a high school friend of Nancy McMoneagle's. Talk about synchronicities—"seeing" Karen's face, encountering Nancy on the road, Karen's readiness for a change—obviously, she was meant to be on our team.

We are pleased and honored to have Karen as our registrar. She cares deeply about each one of our participants, is passionate about TMI's mission and vision, and is just all-around competent. Thank you, Karen, and thank you, guides!

I immediately felt
a total release,
both physically
and emotionally.



ERRATA

"The Ultimate Mission" on page 11, summer/fall 2005, *TMI Focus*, should read "The Ultimate Mission."

If You Love Movies, You Are About to Be Inspired AND Entertained!

Finally, a service that's unique and deeply needed.

Stephen Simon, producer of *Somewhere in Time* and *What Dreams May Come* and producer/director of *Indigo*, says: "Before now, hardly anyone got to see the best movies made each year. Now, by joining the Spiritual Cinema Circle, you'll see movies that will warm your heart, expand your mind, and stir your soul . . . without leaving home."

The Spiritual Cinema Circle is an affordable way to bring hours of inspiring entertainment into your life each month. It's fast and easy.

Here's how it works: Each month you receive four features and shorts on DVD. Stephen and his team personally select the movies. These movies represent the best of spiritual cinema and art.



click on the Spiritual Cinema Circle banner.

REASONABLE MAGIC

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necessary realization. "The most difficult mental process of all," he writes in *Journeys Out of the Body*, "is to consider objectively any concept which, if accepted as fact, will toss into discard a lifetime of training and experience."

Out of sheer necessity, then, the bold pioneering explorer of inner space became an innovative thinker—an emboldened questioner who would smash any idol of belief that got in his way, no matter how "obvious" its truth or how deeply entrenched the emotional investment of its worship. As Bob so eloquently states in *Ultimate Journey*: "What we need to do, whether in- or out-of-body, is to ignore or tear down the No Trespassing signs, the taboos, the notice that says Holy of Holies, the distortions of time and translation, the soft black holes of euphoria, the mysticisms, the myths, the fantasies of an eternal father or mother

image, and then take a good look with our acquired and growing left brain. Nothing is sacred to the point where it should not be investigated or put under inquiry."

This breathtaking rejection of all ideological "sacred cows" poses the most serious challenge yet to our entire culture. It is nothing short of a revolutionary call to philosophical arms.

While Bob's radical empiricism thus shaded imperceptibly into his radical iconoclasm, the reverse also held true: By engaging his faculty of critical thinking, he was able to sail ever further on into the sea of the great unknown.

A prime example of this comes from *Far Journeys*, where he recounts a key turning point in his quest. It happened in the spring of 1972, when, after having become bored and frustrated with his now routine out-of-body state, he questioned whether his conscious ego ought to be in the driver's seat. By releasing this tacit assumption and giving over the decision-making

The movies are new films you're unlikely to see anywhere else. The DVDs are yours to keep. You don't have to return them. In fact, you're encouraged to share them with friends and family, in order to broaden the worldwide Spiritual Cinema community.

The cost of the service is kept deliberately low, so the maximum number of people can participate. If you join now, the first month is free, then you pay the new-member rate of only \$21 per month (plus \$3.95 shipping and handling; outside the USA \$7.95). There's no risk. You may cancel your membership at any time. And remember, you never have to return any of your DVDs, even if you decide to cancel your membership.

Join the Spiritual Cinema Circle program NOW and enjoy an inspiring experience month after month. To sign up, go to the TMI website at <http://www.monroeinstitute.org> and

process to what he called his "total self," a whole new dimension of experience and adventure on the Interstate of consciousness opened up.

The "glue" that bound together Bob's radical empiricism with his radical iconoclasm was his intuitive grasp of a revolutionary new idea: the "holographic model" of mind and reality that is familiar to us thanks to the groundbreaking work of quantum physicist David Bohm and neuroscientist Karl Pribram. The holographic model suggests that the human brain-mind, as well as the universe it cognizes, is structured like a hologram in which each part replicates the plan of the whole. In 1912, R. G. Collingwood had anticipated this view with his affirmation of what he called "the principle of the unity of the mind," according to which, "each part is the whole."

Following his pragmatic, engineering sensibility, Bob conceived

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AWAKENING*Continued from page 3*

am not Caucasian; I am more than these beliefs."

I looked deeper. The next beliefs would be more difficult to release. They were all the negative judgments accumulated since childhood. But I was determined to get through them all. As I began again, the entire rubber-band ball suddenly disappeared! I found myself sitting in a quiet, still place beyond my mind. My mind had stopped and my perspective had shifted. I was now identified with the truth of who I really was, not with who I wasn't.

The truth is that I am not a body or a personality. I am **NOTHING, NO THING AT ALL**. The confines of every belief I had about myself had held me prisoner, and now the illusion was gone. In an instant there was no "Cheryl." There never had been. Liberation! My life's searching was over in an instant. There was no longer a reason to be anything, do anything, or have

anything. I WAS EVERYTHING. There was no more yearning, I was finally free. The sense of separation and the fears of the unknown that I once felt were gone. I felt whole and complete.

I returned home to California in a bit of a daze. I spent several months adjusting to this new paradox, knowing that I wasn't a physical body but that each day an alarm clock still woke me up. My ego defeated, I had some sad and fearful moments followed by ecstatic moments, knowing the truth of who or what I am. Now each day for me is a dance between illusion and the magnificent conscious awareness that we all are.

This spiritual awakening is what I had read about in my Eastern philosophy books. This awakening is what people are seeking when they go to India and study with gurus. In the end, it seems that the seeking itself continued my suffering. I needed to look at the source of the seeking to find the truth. What a surprise to find it in the Fox Den at The Monroe Institute.

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this holistic unity in terms of "hemispheric synchronization." As he writes in *Ultimate Journey*: "Peak performance comes when both left and right brain thinking are integrated, unified, synchronous." However, he says, "The trick is to get both left and right brain into simultaneous and synchronous action, nudging the left brain more and more into taking part in the There activity." To which he immediately adds, "You should never abandon one for the other."

This is key. As Bob often emphasized, we must also nudge the right brain into taking part in the Here activity, by making practical use of the subtle nonphysical data we are receiving (but not consciously processing) all the time. Borrowing his favorite metaphor, we could say that the aim of Hemi-Sync is to get the traffic flowing smoothly and evenly in both directions, at once, on the bridges of the Interstate. As Bob notes: "Every single thing we learn [Here], no matter how small or seemingly incon-

sequential, is of immense value There—beyond time-space."

This affirmation of the importance and value of the "Here" activity places Monroe squarely in the revolutionary camp of Collingwood, Bohm, and the new (holographic) mysticism. Whereas the traditional mysticism states, "As above, so below," the new mysticism adds, "And, as below, so above."

According to the older view, the cosmos is a hierarchy. Mind (or spirit, or consciousness), which creates physical matter, is thus vastly superior to it. The timeless "There" is far more valuable and important than the temporal "Here," the perfect whole (The One) infinitely more significant than its finite, imperfect parts (The Many).

But the new mystics affirm that reality is a two-way street—a holarchy, not a hierarchy. Thus, what Bohm termed the enfolded, or implicate, order of eternity ("There") is just as affected by what we experience and do at the unfolded, or explicate, level of time-space reality ("Here") as we are by what occurs There. Each

level needs and feeds the other, and therefore—as Bob implored us—we must never abandon one for the other.

The marriage of magic and reason is therefore essential for the healthy development of both partners. Separated from "magic," reason is rudderless and bereft of inspiration. Magic, spurned by reason, devolves into a frightful and disruptive alien invader, assuming ever more exotic and threatening poses in order to gain reason's attention. The result is the proliferation of all sorts of self-mystifying, superstitious, fraudulent nonsense.

Bob consciously demystified "magic" and made it more accessible to reason. By opening the rational side to infusion by the nonrational source of ideas, he planted magical seeds of creativity that may yet help to transform our culture—and perhaps our reality as well.

In the end, the general philosophical principles that underlay Bob's method of inquiry are more important than the particular metaphysical conclusions he arrived at. For Bob never wanted to be simply

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ence, put my intent out to the universe, and kept the idea percolating until the time was right.

Two decades later, in 1999, coincidence brought me the fulfillment of my intent. I had been using Hemi-Sync to help me redirect my life's intentions when my father-in-law, a physician, asked what I'd like to do with some foundation funds. The universe had delivered the opportunity to work on what became annual international, multicultural, multidisciplinary conferences that included silent art auctions. "The Developing Child: International Conferences on Pediatrics," hosted by the University of New England, Biddeford, Maine, took a lot of work and organization to put together but were oh so fun once they got under way. The events were nurturing, intellectually stimulating, and gave those who spend their lives caring for others an opportunity to feel cared-for in return.

At the end of my 2004 conference, while suffering a severe allergic attack, I again sent my intent out to the universe. I felt the "call" of volcanoes, those powerful, time-out-of-time forces. Having grown up on a sheep ranch surrounded by volcanoes—Mount Diablo, the Sutter Buttes, Mount Shasta, and Lassen Peak—gave me a strong connection with them. I found myself saying, "I need a volcano!"

My husband responded, "Go home."

"No," I immediately replied, "I need hot springs."

"Go to Nevada," my husband suggested. As undergrads my friends and I enjoyed lolling in the geothermal pools outside Reno.

Without hesitation, I

exclaimed, "No, I need somewhere cold."

Coincidentally, Dr. Stig Bruset, a Norwegian presenter, had stopped in Iceland on his way to the pediatrics conference. He piped up, "Iceland!"

"Yes," I cried. "That's it!"

In December 2004, I visited volcanic Iceland to soak in the geothermal pools and to try to recover from environmental allergy attacks. As fate would have it, I met Icelandic physiotherapist Anna Katrin Ottesen. She said over and over of our chance meeting, "There are no coincidences."

In October 2005, with the help of Orn Jonsson and Thora Haldorsdottir, Anna Katrin and I hosted "The Icelandic Dialogues: Healing the Healers." The location was entrancing. Sheep grazed in the pasture at Kríunes, the guesthouse/conference center that is situated next to Ellidavatn—a stunning lake just outside Reykjavik. Iceland lies on the point where the North American and European tectonic plates come together.

Dr. Brian Dailey later e-mailed me, "You did an incredibly awesome job! I remember how often you mentioned 'how easy this conference was' for you. Hint, hint. It was supposed to be. This is what you have a gift for. Bringing healers of all backgrounds together for a common good."

While Anna Katrin and I independently found a variety of presenters, neither of us gave the speakers a topic other than the theme of "healing the healers." She reminded me repeatedly during the conference that not only are there no coincidences, but intent had also aided us to fulfill our mutual goal of bringing healers of the world together. Interestingly, while there may be no coincidences, it was still surprising to me how much the messages of the presenta-

tions overlapped.

Our keynote speaker was Sigmundur Gudbjarnason, PhD, emeritus professor of biochemistry, University of Iceland. He discussed the antiviral, antibacterial, antitumor, and immunostimulatory bioactive biochemicals of the herb *Angelica archangelica*, which grows in Iceland. He sent us all home with a recipe for creating our own medication using *Angelica archangelica* and Black Death, Icelandic schnapps.

"We are much more than the sum of our parts." These words were not spoken by a professional member of TMI but were the first words out of the mouth of Dr. Harry Oldfield, an English inventor, scientist, thinker, and seeker. He has pioneered gentle, noninvasive diagnostic and healing methods through instruments and techniques that marry twenty-first century technology with ancient wisdom. Using photon patterns and frequencies, he records energy-field matrices—including chakras, meridians, and acupuncture points. Dr. Oldfield scanned a conference participant who had had midfacial swelling for more than a year. We could all see that his third eye was shifted to the right and that something was wrong with his upper left jaw. It turned out that a tooth had been bothering him.

Sara Pierce, American physical therapist, led the audience in a unique guided session of Integrated Awareness. People went inside themselves for self-healing and for exorcising the negativity that can accumulate from those we try to heal.

Julius Juliusson, Icelandic electrical engineer, gave us an overview of scientists who have used electrical energy for successfully treating disease.

Carl Anderson, PhD, a devel-

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taken at his word, like some guru or authority. "Check it out for yourself" was his constant refrain. Through what he termed "personal experience uninhibited by belief systems," we may yet achieve what he viewed as our greatest goal: "forms of freedom inconceivable to the present consciousness of man."

[Dr. Felser graciously consented to condense his keynote address at the Twentieth Professional Seminar to fit the TMI Focus format. Those who would like to hear the whole presentation may purchase it on CD using the order form in the Hemi-Sync Journal.]



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instruction in the Movements of Peace qigong exercise and a walking meditation around Mirror Lake. More details and some extraordinary photos of the lake can be found at <http://www.movementsofpeace.org>

Magazines

"Death, Rebirth, & Everything in Between: A Scientific and Philosophical Exploration," a three-part article on the common and enduring belief in reincarnation, appeared in *What Is Enlightenment?* issue 32, March–May 2006. The author, senior editor Carter Phipps, began by introducing a dramatic, confirmed case of a three-year-old boy's past-life memories. Phipps noted that accumulating data contributes "to a potential new science of survival, rebirth, and the nonphysical dimensions of existence." "Part I: Is Reincarnation Real?" examined the history of this remarkably persistent belief and the current resurgence of interest. "Part II: Glimpses of the Beyond" focused on Phipps's visit to The Monroe Institute and discussed Bob Monroe's views as expressed in his trilogy, as well as considering similarities between Bob's OBEs and classic NDEs. The author spoke with TMI Research Director F. Holmes "Skip" Atwater about those topics as well as the "inter-life" before the next incarnation that has now been identified by some researchers and solicited Skip's opinions on the nature of nonphysical realms, nonverbal/telepathic communication, and navigating in the nonphysical word by intention. "Part III: Reincarnation 2.0" rounded out this exceptionally rich and informative article.

New Books

The March 2006 issue of *Reader's Digest* featured *Reading the Enemy's Mind*, by Paul H. Smith, in the Book Bonus section under the title "The Most Secret Agent." In the early 1980s Paul Smith became a participant in Project Center Lane, a U.S. Army program that used "remote viewing . . . to collect intelligence against foreign threats." He learned RV skills under the tutelage of Captain Fred "Skip" Atwater and would later participate in Center Lane's successor, the Star Gate program, which was eventually taken over by the CIA. Smith tells his story in a lively and engaging style, revealing details that were previously classified. *Reading the Enemy's Mind*, published by Forge/Tom Doherty Associates LLC, is \$24.95 in hardcover.



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opmental psychobiologist at Harvard Medical School, stated, "Illness is an intrinsic disruption of our internal repair process." Dr. Anderson's work is centered on the evolutionarily and ontogenetically important cerebellum that—before Descartes—was thought to be the seat of the soul. The cerebellar vermis is the center of intentional coordination of balance, eye movements, cerebral brain functioning, and orienting and can compensate for damage elsewhere in the brain. It will be interesting to see what Dr. Anderson reports about Hemi-Sync and the cerebellum. I sent him *MIND FOOD® Concentration* to assist with focused attention.

Hallgrímur Magnusson, MD, reported on the memory of water. He described and showed slides of water crystals that were formed by words written on their containers. Positive words created beautiful symmetrical crystals much like snowflakes; negative words created asymmetrical, unhealthy-looking crystals.

Techniques for personal well-being were the theme of the presentation by Brian Dailey, MD. Dr. Dailey is an emergency room physician, a laser engineer, and a Professional Member of TMI. He shared information on using Reiki, crystals, and Hemi-Sync in healing. Brian suggested that we all send love to the pitchers of water on the table—then, at the end of his talk, everyone took a sip.

The Association of Hole in the Wall Gang Camps, pioneered by actor Paul Newman, provides life celebrations in camp settings for children with terminal illnesses. Carolina Gana, Canadian massage therapist and social work student, and Elyne Kahn, American kid

MEMBER CDs

TMI continues to broaden its outreach by collaborating with experts in other areas of consciousness expansion. In this mailing we are pleased to offer you a preview of two new endeavors in which Hemi-Sync is combined with the work of Patty Summers and Mark Macy.

Communicate with your Pet

(in collaboration with Patty Summers)

Track 1: Patty explains what it means to be an animal communicator. She offers examples of how to give and receive messages and discusses the forms that communications may take. Track 2: An experiential exercise with Hemi-Sync begins with deep relaxation. From a place of centered calm and balanced energy, awareness moves to the heart. Feel the love and compassion that reside within this space. After connecting with the animal friend of your choice, you are guided through a sequence of steps for establishing communication.

Heart Meditation

(in collaboration with Mark Macy)

Mark describes the need for our conscious minds to become aware of our spiritual natures. His meditation begins with deep relaxation, followed by moving awareness to the heart and connecting with Source.

Portals open to realms of light.

[For information regarding Mark's work with Instrumental Transcommunication, visit <http://www.worldic.org>]

magnet, described the ideal camp experience that is provided for seriously ill children. As Elyne said, he is the boss of the counselors, Carolina is his boss, the camp administration is her boss, the board of directors are their bosses, and the children are the boss of everyone!

Presentations by Flavia Patricia Timothy and Catherine Conricode of Joy! fulfilled my intent of bringing art to the conference. They organized short sessions of blowing bubbles, journaling, painting self-portraits, designing with Play-Doh, and other relaxing and integrating activities. Near the conclusion of the conference, the subject was self portraits in watercolor. Most of the paintings were of beings of light with a rainbow of colors emanating from head and hands.

Attendees and presenters stayed around at the day's end to experience body work on one another. One participant stated that she did not want to go to bed because she might miss something.

Participants commented repeatedly that the conference was a life-altering experience. The most important example of this for me occurred at the very end. Ragnhildur Gudrun Richter, who had voluntarily acted as translator, said to Brian Dailey, "I'd like to learn how to do Reiki." Brian responded, "Well, try it on Jackie," and showed her how to read energy while running one's hand a few inches in front of the "patient." When Ragnhildur reached the area of my nose, she said, "It feels different here." I have to have sinus surgery; Ragnhildur had no way of knowing that.

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